

# MILK SUBSTITUTES...MINIMUM NUTRITIONAL REQUIREMENTS

NUTRIENT	UNIT	VALUE PER CUP (244g)
Protein	g	8
Calcium, Ca	mg	276
Magnesium, Mg	mg	24
Phosphorus, P	mg	222
Potassium, K	mg	349
Riboflavin	mg	0.44
Vitamin B-12	µg	1.10
Vitamin A	IU	500
Vitamin D	IU	100

Based upon USDA required nutrients - fortified to the levels found in whole milk

**Mcg to IU Conversion:**

Mcg Amount/Biological equivalent= IU

**Biological Equivalent:**

Vitamin A: 0.3mcg

Vitamin D: 0.025 mcg

## USDA Approved Fluid Milk Substitutes

MILK PROTEIN ALLERGY	LACTOSE INTOLERANCE
8 <sup>th</sup> Continental Original Soy Milk- Shelf Stable Brand	Lactaid (lactose free) Milk
Pearl Organic Soymilk Smart Original- Shelf Stable Brand	Low Fat Lactose Reduced Milk
Pearl Organic Smart Chocolate Soy Milk- Shelf Stable Brand	
Silk Original Soy Milk- Shelf Stable Brand	
<i>*As of March 8, 2022</i>	
<i>Milk substitute labels should be checked frequently to ensure compliance with nutritional guidance.</i>	

Parents or guardians may request in writing non-dairy milk substitutions, as described above, without providing a medical statement. As an example, if a parent has a child who follows a vegan diet, the parent can submit a written request to the child's caretaker asking that soy milk be served in lieu of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. It is at the caregiver's discretion to provide a non-dairy substitute if it is not related to a medical disability. All non-dairy milk substitutes are at the expense of the caregiver and/or the child's parent or guardian.

If a parent provides a non-dairy milk substitute that meets the nutritional standards as outlined in 7 CFR 210.10 (m)(3) and that has been approved by the State agency, the caregiver may serve the non-dairy milk substitute and still claim reimbursement for the meal.

**Shelf Stable=** Foods that can be safely stored at room temperature, or "on the shelf," are called "shelf stable" and do not require refrigeration *until after opening*. Once opened the expiration is invalid and product must be consumed/disposed within 7-10 days. Always check product packaging for guidance.

**Fat Free = Skim Milk    Reduced Fat = 2% Milk Fat    Low Fat = 1% Milk Fat    Full Fat = Whole Milk**